

## **Frequently asked questions - What you need to know about Tier 3**

### **Why is Slough being placed in Tier 3?**

The number of coronavirus (Covid-19) cases and deaths in Slough has been higher than in neighbouring areas. To protect the community, health and care services, the Government, supported by the council, has placed Slough in Tier 3 - Very High Risk category.

### **What are the additional restrictions in Tier 3?**

Being in Tier 3 means that there are additional restrictions for residents. On top of Tier 2 restrictions which were to observe the rule of 6, social distance, wear a face-mask and the maintaining good hand hygiene you now should follow the restrictions below:

- You must not socialise with anybody outside of your household (i.e. The people you live with) or support bubble in any indoor setting or private garden
- you must not socialise in a group of more than 6 outside in public spaces, such as parks
- Non-essential retail can open in a COVID-secure manner
- Indoor entertainment venues will be closed
- Pubs and restaurants remain closed other than for takeaways
- You should avoid travelling outside your area, other than for work or school
- You should work from home wherever possible

### **Will schools be open?**

Schools will continue to remain open. Children will remain in their class bubbles. It is important that when you collect your child from school, you maintain social distancing from other parents and children.

### **Can my child still go to nursery?**

Yes, you can continue to use early years and childcare settings, including childminders, after-school clubs and nannies. Friends or family who do not live with you and are not part of your support bubble should not visit your home to help with childcare.

### **Will I be able to go to the gym?**

Gyms will be open for individual exercise that is socially distanced, but not for group classes or activities.

Organised outdoor sport, and physical activity and exercise classes can continue, however higher-risk contact activity should not take place.

It is important for your health and wellbeing to exercise, in fact obesity and physical inactivity contribute towards worse outcomes of coronavirus.

If you are missing your regular exercise class, Active Slough offers online classes, many of which are free. Please go to: <https://www.publichealthslough.co.uk/search-local-activities/>.

Also make the most of the outdoors; walk, run or cycle in the fresh air if you can.

For more information and to view further ideas for 'moving more' head to [www.publichealthslough.co.uk/campaigns/fit2fightcovid](http://www.publichealthslough.co.uk/campaigns/fit2fightcovid)

### **Should I go to work?**

If it is possible for you to do so, you should work from home. Discuss options with your employer to see if there are ways you could work from home or travel to work at less busy times. Walk or cycle in the fresh air where possible.

### **Can other people work in my home?**

Tradesmen, nannies, cleaners and carers can all still continue to work in your home. You must maintain social distancing while they are in your home. However, no-one should work in your home if you or anyone in your household is isolating, or have symptoms of coronavirus

### **Can I visit a relative or friend in a care home?**

In Tier 3, you cannot visit a care home. This is for the safety of care home residents who are very vulnerable. There are exceptional circumstances, e.g. end-of-life circumstances. Always ring the care home to check.

### **Can I meet friends in my garden?**

You cannot meet friends in a private garden in Tier 3. You can meet people for a socially distanced walk in a public space, such as a park or public gardens (following the rule of six).

Meeting in larger groups is against the law. There are certain exceptions. The police can take action against you if you meet in larger groups. This includes breaking up illegal gatherings and issuing fines (fixed penalty notices).

You can be fined £200 for the first offence, doubling for further offences up to a maximum of £6,400. If you hold, or are involved in holding, an illegal gathering of over 30 people, the police can issue fines of £10,000.

### **What about weddings, funerals or other religious events?**

You can attend places of worship for a service in Tier 3; however you must not mingle with anyone outside of your household or support bubble and maintain social distance.

Wedding and civil partnership ceremonies must only take place in COVID-secure venues or in public outdoor spaces. All ceremonies are restricted to 15 people. Wedding receptions are not permitted.

Funerals must only take place in COVID-secure venues or in public outdoor spaces with up to 30 people in attendance. Wakes or linked ceremonial events (such as stone-settings) before or after the funeral are limited to 15 people and must not take place in private homes.

### **Can I travel outside of Slough?**

You can travel inside and outside of Slough, but only for work, education or medical purposes and you should only do so with people who you live with or are in your support bubble. You should try and limit the number of trips you make, plan your journey to travel at quiet times and always maintain social distancing. If the place you visit is in Tier 2, you must still follow the Tier 3 restrictions.

Please wear a face-covering if you visit any shops or indoor amenities and wash hands on your return home.

Please bear in mind that other areas and regions have different restrictions. Please check the advice for the area that you are travelling to by putting in the postcode here: <https://www.gov.uk/find-coronavirus-local-restrictions>

### **Can I move house?**

You can still move house. Estate and letting agents and removals firms can continue to work and people looking to move home can continue to undertake viewings. Please click on the link below for more advice on moving house:

<https://www.gov.uk/guidance/government-advice-on-home-moving-during-the-coronavirus-covid-19-outbreak>

### **I need to isolate, what support is available to me?**

The One Slough partnership is offering support for Slough residents. Those who continue to shield or are self isolating because they or someone they have been in contact with has Covid-19 symptoms can still get help and support with deliveries of medication, wellbeing calls as well as help with other areas of their life. One Slough can be contacted on 01753 944198 or by visiting [www.sloughcvs.org/covid19/](http://www.sloughcvs.org/covid19/)

### **What if I need further support with physical or mental health?**

The public health team offer a range of resources and services for Slough residents. This includes tailored mental health support tools, smoking cessation services, weight management programmes and a range of other support tools. We also have bespoke support for residents having to spend large amounts of time at home through the "[Health at Home](#)" programme.

For more information visit: [www.publichealthslough.co.uk](http://www.publichealthslough.co.uk)